

PROTIEN

Beef
Chicken
Chicken Liver
Salmon
Tuna
Crab
Eggs
Goat
Hard Tofu
Kangaroo
Lamb
Lamb liver
Lobster
Pork
Prawns
Scallops
Squid
Turkey
White fish
Shell fish
Veal
Venison

VEGETABLES

Asian greens
Asparagus
Baby Spinach
Bamboo Shoots
Bok choy
Broccoli
Brussels sprouts
Cabbage
Capsicum
Cauliflower
Celery
Cucumber
Eggplant
Endive
Fennel
Garlic
Kale
Kamo Kamo
Lettuces
Mushrooms
Olives
Onions
Radishes
Silver Beet
Snow peas
Spring onion
Sprouts
Squash
Watercress
Zucchini

FRUIT

(Only one fruit daily)
Green Apple (1)
Orange (1)
Strawberries (100g)
Tomato or Cherry
Tomatoes (100g)
Grapefruit (1)
Plum (1)
Blueberries (100g)
Avocado (1 small)

ABSOLUTE LIFESTYLE

STAGE ONE FIRST 5 DAYS

Eat as much as you want
except fruit portions
only 1 piece per day

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ABSOLUTE

Green Apple (1) **LIFESTYLE**